



Family First Aid

Course Overview

Family First Aid

This short course is designed to help new parents (and Grandparents) deal with that situation that nobody likes to think of, an infant or child facing an emergency situation.

Beyond First Aid has been working closely with Sure Start Children's Centres across Reading and Wokingham for several years, to build a course especially for their families. To book a course, please contact your nearest [Sure Start Children's Centre](#). If your centre is not listed, ask them to contact us to arrange a course.

Course Contents

This is a short course covering the basics of first aid for families and covers some of parent's worst fears.

- Not Breathing
- Breathing but unresponsive
- Choking
- Bleeding
- Burns
- and more

Trainer, Assessor Requirements

In line with the Skills for Health Assessment Principles for First Aid Qualifications, all Beyond First Aid trainers are occupationally competent in first aid. Evidence of this is available on request, but may include, but is not limited to, holding a valid First Aid at Work certificate, registration as a doctor, as a nurse or a paramedic.

They are also occupationally competent in training and assessing. Again, evidence is available on request, but may include, but is not limited to, holding a qualification such as:

- Further and Adult Education Teachers Certificate
- Cert Ed or PGCE
- PTLLS (level 4) or CTLLS

- IHCD Instructional Methods
- IHCD Instructor Certificate
- Ministry of Defence (Army) Instructor/Assessor certificate

Useful information

Skills for Health	http://www.skillsforhealth.org.uk/
Health & Safety Executive (HSE) First Aid Section	http://www.hse.gov.uk/firstaid/
HSE GEIS3 A guide for employers - Selecting a first-aid training provider	http://www.hse.gov.uk/pubns/geis3.pdf
The Health and Safety (First-Aid) Regulations 1981. Guidance on Regulation	http://www.hse.gov.uk/pubns/books/l74.htm
Allergy Wise	http://www.hse.gov.uk/firstaid/needs-assessment.htm
Anaphylaxis UK	https://www.resus.org.uk/pages/aed.pdf

For further details, or for more information about Family First Aid, please contact your local Sure Start Children’s Centre



Sure Start Children’s Centres

